

ADULTS CARING TRANSITIONS SUPPORT GROUP

July - December 2026 Schedule

July 13
August 10
September 14

October 12
November 9
December 14

Meetings are held
virtually through Zoom
from 7:00 - 8:00 PM

You can log on through your computer or call on your phone.

The Adults Caring Transitions Group is open to all who are grieving the death of a parent. Special emphasis regarding those who cared for individuals with memory impairment due to Alzheimer's Disease or a related disorder or other chronic long-term illness that required extended caregiving. We meet monthly for emotional support, to learn about the grieving process and to enhance skills for coping and reinvesting in life. This group is held virtually on Zoom, free, open to the public and professionally facilitated.



For more information and to receive log in link,
contact Mary Catherine Lundquist at
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